

RE-OPENING
PANDORA'S BOX
READY FOR MORE
AVATAR? (page 14)



COUGAR
FRIEND COMES
TO TOWN

DISH (page 17)



Tuesday, August 24, 2010 www.metronews.ca



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# **Edmonton.** Them old bones ► Michael Caldwell and the fossils.

#### Bone up on your history, folks

Michael Caldwell, chair of the Department of Biological Sciences at the University of Alberta, speaks about some of the dinosaur fossils found during the construction of a new sewer in Edmonton yesterday. For more on the bones, turn to page 4.

# Hunting a torture suspect

● Investigation spanned three provinces ● Victim was dropped at Regina hospital by person claiming to be his cousin ● Don't approach the suspect, police warn



Calgary and Regina police have issued Canada-wide arrest warrants in the case of a former Calgary man who was dumped at a Regina hospital starving, burned and with parts of his tongue and lips cut off.

Calgary police are seeking Dustin Ward Paxton, 30, of no fixed address, on charges of aggravated assault, sexual assault and forcible confinement after a four-month joint investigation into the torture of



Dustin Lafortune

Calgary police Det. Doug Crippen said the victim was dropped off at the Regina hospital on April 16 and has been there ever since, recovering from physical injuries and what his family describes as amnesia and brain damage.

Supporters took to the victim's Facebook page with positive comments, including, "So happy (to) hear about the arrest warrant but I don't understand why it took this long"

it took this long."
His family says Lafortune told them he was beaten by a former roommate in Calgary and they claim an individual has bragged about drugging and torturing Lafortune. Crippen confirmed there were periods where Lafortune was held against his will. WITH FILES FROM THE CANADIAN PRESS

Metro Wellness

# The best revenge is living well

◆ The many benefits of a good vacation ◆ Would you like extra statin with that burger? ◆ How to eat well in August, and more {pages 18-21}

### Aid in their hour of need

Pakistani community seeks help for flood victims {page 3}

### Finally out of the Woods

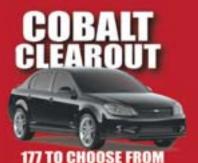
A conclusive twist in Tiger's marriage drama {page 25}

# EMPLOYEE PRICING





With your business have a common business have been been for providing and relative to an extension by business with a providing and relative to the providing that the providing and the providing that the providing the providing that the providing the providing





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C100356	2010	CADILLAC	CTS	10 from	\$50,670	\$1,500.00	\$45,724	\$3,000.00	\$1,500.00
C101006	2010	CADILLAC	ESCALADE	4 from	\$95,410	\$6,500.00	\$79,015	\$3,000.00	\$1,500.00
C101122	2010	CADILLAC	SRX	12 from	\$43,225	\$0.00	\$39,995	\$3,000.00	\$1,500.00
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C100477	2010	CHEVROLET	2500 SILVERADO	11 from	\$44,440	\$8,000.00	\$32,061	\$3,000.00	\$1,500.00
C100517	2010	CHEVROLET	3500 SILVERADO	1 at	\$74,890	\$8,000.00	\$58,636	\$3,000.00	\$1,500.00
C100974	2010	CHEVROLET	AVALANCHE	12 from	\$48.265	\$6,500.00	\$37,009	\$3,000.00	\$1,500.00
C100286	2010	CHEVROLET	AVEO	17 from	\$15,300	\$2,000.00	\$11,995	\$0.00	\$0.00
C100851	2010	CHEVROLET	CAMARO	9 from	\$30,105	\$0.00	\$27,903	\$750.00	\$1,500.00
C101091	2010	CHEVROLET	COBALT	177 from	\$17,310	\$4,300.00	\$12,488	\$0.00	\$0.00
C100392	2010	CHEVROLET	COLORADO	9 from	\$25,795	\$7,300.00	\$15,846	\$750.00	\$1,500.00
C100902	2010	CHEVROLET	CORVETTE	1 at	\$90.065	\$7,000.00	\$70,648	\$750.00	\$1,500.00
C100985	2010	CHEVROLET	EQUINOX	6 from	\$32,085	\$0.00	\$29,893	\$750.00	\$1,500.00
C100490	2010	CHEVROLET	HHR	6 from	\$23,820	\$1,500.00	\$19,695	\$750.00	\$1,500.00
C110010	2011	CHEVROLET	IMPALA	5 from	\$29.520	\$0.00	\$27,426	\$0.00	\$0.00
C100372	2010	CHEVROLET	1500	32 from	\$37,320	\$6,000.00	\$27,781	\$3,000.00	\$1,500.00
C110014	2011	CHEVROLET	MALIBU	12 from	\$26,390	\$0.00	\$25,057	\$0.00	\$0.00
C100842	2010	CHEVROLET	SUBURBAN	1 at	\$80,775	\$4,000.00	\$68,229	\$1,500.00	\$1,500.00
C101248	2010	CHEVROLET	TAHOE	1 at	\$75,470	\$6,000.00	\$61,579	\$1,500.00	\$1,500.00
C100919	2010	CHEVROLET	TRAVERSE	22 from	\$37,505	\$2,000.00	\$32,690	\$1,500.00	\$1,500.00
P100725	2010	GMC	1500 SIERRA	54 from	\$27,785	\$6,000.00	\$17,936	\$3,000.00	\$1,500.00
P110005	2011	GMC	2500 SIERRA	10 from	\$42,155	\$2,500.00	\$35,589	\$0.00	\$0.00
P100567	2010	GMC	ACADIA	10 from	\$39,905	\$2,000.00	\$34,860	\$1,500.00	\$1,500.00
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HIGNER 36 ST. N.E. MONDAY-THURSDAY RAM-9PM FRIDAY RAM-6PM SATURDAY 9AM-6

#### Man charged after CBC standoff

After a five-hour standoff with police at Calgary's CBC building, a 74-year-old man is facing charges.

During the early hours of Sunday morning, the armed man entered the front vestibule of the building and reportedly made continuous calls to CBC's newsroom asking to speak to a reporter.

The man, whose name has not been released, eventually surrendered peacefully to police. He has been charged

He has been charged with careless use of a firearm and possession of a firearm for a dangerous purpose.

It's believed that the man had a complaint against a former CBC employee. • METRO CALGARY

The number of local agencies that will attend Saturday's free Women's Health Expo. The event, organized by local officer Const. Dan Rossi, will run from 10 a.m. to 4 p.m. at the Marlborough Community Centre.

#### 'A' grades on health from Albertans

The Canadian Medical Association released a medical report card yesterday, and says Albertans were more likely than most provinces to give an "A" grade to their most recent experience with the health-care system, but also more likely to give an "A" to Ottawa than the province.

Albertans also said the most important issue is access to a doctor.

• METRO CALGARY



# Residents plead for flood relief

▶ In addition to the \$33 million already committed, the Canadian government has pledged to match donations until Sept. 12 ▶ Pakistan is now facing the threat of an outbreak of diseases such as cholera

Members of Calgary's Pakistani community made a plea for donations yesterday to help their country recover from a devastating flood.

Their request comes after the federal government's announcement to match all money donated by Canadians.

"Please help and assist us in this moment of need," said Muhammad Rasheed of Calgary's Pakistan Canada Association during a press conference.

Calgary East MP Deepak
Obhrai said it's vital for
Calgarians to donate whatever they can.

"We will ensure that those dollars that Canadians do donate go to where they are supposed to go," said Obhrai, adding the government is working with reputable agencies.

With several family members in Pakistan, Hameed Quershi said he has heard first-hand accounts of the situation.

"(The water) was like roof level. All the houses, everything have all been destroyed," said Quershi, adding most of his wife's family has been left homeless.

Those wishing to help can donate to organizations like the Red Cross, International Development and Relief Foundation or Human Concern International.

#### **Worst in decades**

- The United Nations has estimated that at least 1,500 people have been killed and around six million have been left homeless in Pakistan.
- Monsoons initially triggered the floods.
- This is the worst flood to hit Pakistan in decades, according to a government release.





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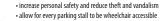


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# Dino bones found beneath Edmonton

- Discovery surprises sewer diggers in upscale neighbourhood
- Find expected to give scientists a better picture of prehistoric world

It's not completely unheard-of to find a dinosaur bone out in the Alberta badlands where wind and water have worn away the earth to uncover the fragments of a time long past.

But discovering 70-million-year-old bones from a species similar to Tyran-nosaurus rex 30 metres under one of Edmonton's toniest neighbourhoods — that tends to raise eyebrows.

Earlier this month, construction workers Ryley Paul and Aaron Krywiak were digging a sewer tunnel in Quesnell Heights, an area along the North Saskatchewan River Valley where many homes have front gates and lawns that look like golf greens.

They started noticing some strange rocks as they worked. One was split in the middle with crystals inside. At first they figured they might have struck it rich and found diamonds. Then a few days later they found what was obviously a pointy, serrated, 10-centimetre tooth. That's when they knew they were on to something quite a bit less lucrative, but more interesting.

ing.
"It was pretty distinguishable that it was a dinosaur tooth," Paul recalled yesterday as the City of Ed-

monton showed off his

Late last week, they turned to the experts at the University of Alberta and the Royal Tyrrell Museum based in Drumheller.

It has since been determined the bones are likely those of an Albertosaurus, a smaller cousin of the carnivorous T.-Rex, and an Edmontosaurus, a planteating, duck-billed dinosaur that was probably its prey.

It's proof that dinosaur bones are everywhere, said Michael Caldwell, chair of the Biological Sciences Department at U of A.

"We generally do most of

our fossil collecting in badlands and around the margins of rivers where water has cut through the sentiment," he said.

Construction on the tunnel will continue to move forward. Researchers will work with crews to examine any dirt that is removed. They found more bones over the weekend.

Krywiak and Paul are left with a story they will long remember.

"It's pretty cool," Krywiak said. "I never thought I'd have a dinosaur bone in my hand like that. Just something you don't get to experience every day."

THE CANADIAN PRESS

ALTERNATIVE POWER

#### Dude, where's my hemp car?

There's been a lot of cannabis jokes, but this car is not going up in smoke anytime soon.

Calgary-based Motive Industries Inc. is prototyping and testing the Kestrel, an electric car made of hemp, later this month according to company president

Nathan Armstrong.
"It's really exciting
and besides a few jokes,
we have gotten really
positive feedback,"
Armstrong said.

The vehicle can hold a driver and three passengers, will have a top speed of 90 kilometres per hour and would need to be recharged between 40 and 160 kilometres.

The hemp is being grown in Vegreville, Al-

♠ KRISTA SYLVESTER

# 'Fearless' women to meet

For the first time, Calgary will celebrate its resilient and powerful women at the Fearless Women Day event on Thursday. Hosted by Global TV's Cara Fullerton, the 7 to 10 p.m. event at The District on 11 Avenue will announce Calgary's first Fearless Woman award, feature spoken word artists, and encourage mingling and networking.

"Incredible, vibrant, dynamic women will have an opportunity to meet other like-minded women and have some fearless fun," 50 At least 50 local women were nominated to receive Calgary's first Fearless Woman Award.

said event organizer Kari Dunlop, who expects 200 to attend.

Tickets are \$40, which include wine and appetizers, and can be purchased at inspiringleaders.ca. Proceeds will support Brown Bagging It and the National Council of Women of Canada.

BRETTE EHALT

# Health card | New case to be reviewed | prez

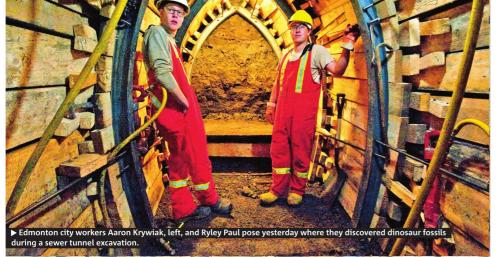
The Office of the Information and Privacy Commissionaire announced they are investigating allegations a man used a stolen Alberta Health card before dying and will release a report upon completion.

METRO CALGARY

#### New Chamber prez

The Calgary Chamber of Commerce announced yesterday Adam Legge as its new president. Legge was formerly with Calgary Economic Development and will take over with the Chamber on Sept. 13.

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### Pools struggle to stay afloat in cool weather

Seven community associations in charge of operating outdoor pools in Calgary

City outdoors pools could be in danger of closing if they continue swimming in red ink due to drab summer weather, according to operators.

Calgary Outdoor Swimming Pools Association's Roger Leach said pool patrons have slowed to a trickle because of a lack of solid summer heat.

"We haven't had a hot summer since 2007, and this year the temperatures have definitely been the coolest and rainiest," Leach said.

"You basically need a

80

The approximate number of days outdoor pools operate in the city.

good July or you don't really get back on track. And we had a bad July. We'd have to have two weeks of 30-degree weather now — and that won't happen."

Leach pointed out Calgary hasn't had even one day with temperatures over 30 C this summer,

and that there weren't many days with back-to-back nice weather, he added.

"It's at the point where they have to decide if it's even worth continuing to subsidize the pools for next year."

Craig Wilton is also disappointed with the city's summer.

"Usually I would bring my kids (to the Forest Lawn) pool on my days off," he said, "but they get cold pretty easy because they're young."

they're young,"
• KRISTA SYLVESTER

#### ARREST

# Three nabbed in drug bust

Three people are facing numerous drugs and weapons charges after a week-long investigation into drug trafficking dubbed Operation Strong Start.

Two search warrants were executed in Falconridge last Wednesday and police uncovered \$12,000 of meth as well as other drugs, \$5,000 cash, two shotguns and ammunition and a 22-calibre ri fle, bear spray and over 100 edged weapons, in-

cluding throwing stars.

ing stars.
Lisa Dawn
Neville, 47, Sean
Edwin Andrews,
37, and Neil
Scott Nicholson,
43, are all facing
charges in relation and will appear in court
Friday.

#### Limo crash leads to charges

A Calgary man has been charged with mischief and resisting arrest following a limousine accident that injured nine people in downtown Vancouver.

Police say 22-year-old Kyle Allan Wugalter was taken into custody early Sunday morning after he allegedly damaged property on a downtown street, and then ran from police. THE CANADIAN PRESS

# 2010 CLEARANCE EVENT EMPLOYEEPRICING ENDS AUGUST 8181



STK: 102672

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# Hostage-taker kills eight in Philippines

- Two survivors in serious condition
- Remaining five under observation
- ♦ Hong Kong issues travel warning

A 12-hour hostage drama aboard a hijacked Philippine bus ended in bloodshed yesterday when an angry ex-policeman demanding his job back gunned down eight Hong Kong tourists before police stormed the vehicle and a sniper killed him.

Åt least seven captives survived, four of whom were seen crawling out the back door of the bus after Philippine police stormed it yesterday evening when the hostage-taker started shooting at the 15 Chinese tourists inside, said police Senior Supt. Nelson Yabut.

He said the hostage-taker was killed with a sniper shot to the head after he wounded a police sharp-shooter.

THE ASSOCIATED PRESS

#### Police rescue

- Police sharpshooters took positions around the white-blue-red bus, and the road was sealed off, with ambulances and fire trucks positioned nearby. Police brought in food for the hostages as well as fuel so that the air conditioning unit can keep running as the outside temperature reached about 32 C.
- The standoff was covered live on television. The curtains on the bus windows were drawn and two police negotiators could be seen walking to and from the bus and communicating with the gunman from the window near the driver's seat.



### Workers scramble to plug levees in Pakistan

Emergency workers worked frantically yesterday to shore up a system of levees protecting two southern Pakistani cities from floodwaters that have devastated wide swaths of the country.

The floods, which began nearly a month ago with hammering rains in the country's northwest, have destroyed or damaged 1.2 million homes and affected 17.2 million people, UN spokesman Maurizio Giuliano said. About 1,500 people have died in the floods, most in first few days, though the scale of the crisis — with immense social dislocation and agricultural destruction — continues to grow.

While the floodwaters are slowly moving toward the Arabian Sea, where they can drain away, the rainfall has been so intense that enormous parts of the country remain submerged.

In Shadad Kot, in the southern province of Sindh, authorities are increasingly worried that even the 18 kilometres of new levees soldiers have built to protect the city, and Qambar city further to the south, may not hold back the massive floods.

Workers were piling stones and sandbags to plug leaks in the levees, trying to stay ahead of any damage to the defences.



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Contest participants will have a chance to win 1 \$10,000 IKEA gift card or 1 of 15 \$500 IKEA gift cards. Skill testing question required. For complete contest details please visit CaptureThePage.ca. @ Inter IKEA Systems B.V. 2010.



### StatsCan comes under fire for stale statistics

#### Reliability of data has become unlikely flashpoint after decision by feds to end mandatory census

The forecast from Statistics Canada about its environmental data is cloudy with a chance it's not always up to snuff.

A new report says the agency's environmental statistics aren't nearly as timely or accurate as its social and economic data.

And the "largely ad hoc" way Statistics Canada gathers this data has given policy makers in Ottawa only a smattering of information to work with.

"Such an approach has produced a patchwork of environmental statistics," the report says. "Some parts of the patchwork are of good quality and reported regularly, others less so. Other parts are missing."

Some policies may be served "reasonably well" by this approach, the report adds, "but in no way do existing statistics form a unified system of broad policy relevance."

"As a result, the overall quality of environmental statistics has suffered, frequently lacking one or more of the standard attributes of high quality statistics: relevance, accuracy, timeliness, accessibility, interpretability and coherence."

The Canadian Press obtained the October 2009 report under the Access to Information Act. Canada has given the document to the United Nations. The senior official who wrote

#### Spotty stats

Greenhouse-gas inventory data is already two years old when Environment Canada gives it to the UN.

- Numbers don't add up Agency's emissions data doesn't jibe with
- greenhouse-gas inventory.

  Missing data Public
  registry of pollutants lists
  only a portion of emissions
  from industry.
- Old data Some stats are four years out of date.

the report says collecting environmental data is a problem for agencies around the world. THE CANADIAN PRESS



## Twelve arrested in mass action protests

An estimated 500 activists set up a Camp for Climate Action behind the Royal Bank of Scotland headquarters in Edinburgh to protest against its reported funding of fossil fuel companies, which protesters say are destroying the planet.

#### Courthouse overflows with G20 activists

Hundreds of people facing G20-related charges flooded a Toronto courthouse for co-ordinated appearances yesterday, though several showed up only to find their charges were withdrawn.

Police say with 303 people scheduled to appear it's one of the largest mass court appearances the city has ever seen. The hundreds of accused were spread over three small courtrooms.

THE CANADIAN PRESS





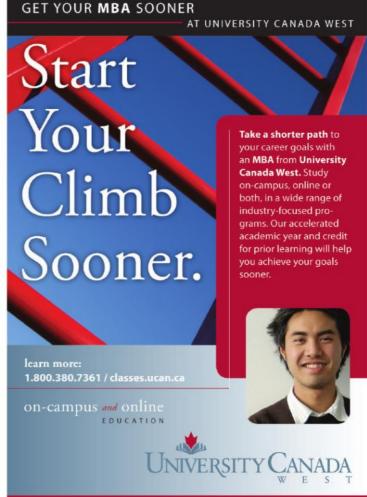
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#### Engineering firm to compensate victims

An engineering firm that consulted on the Minneapolis bridge that collapsed in 2007 has agreed to pay \$52.4 million US to victims. Thirteen people died and 145 were injured. The firm was accused of missing warning signs in the Interstate 35W bridge before its rush-hour collapse.

## **Google tests** regret button

If you've ever sent an email and instantly regretted it, this is the button you've dreamed of.

Google Labs is testing an "undo" button on Gmail that gives you 30 long seconds to stop an email from reaching your boss, your husband or your soon-tobe-former best friend.

Being a Google Labs feature, it comes with the caveat that it "may break at any time" or "disappear temporarily or perma-

several newspapers in the U.K. and India contends that one in five people have made an embarrassing email gaffe at work, and one in 20 were reprimanded or fired for that blunder.

nently."

It's one of a dozen or more experimental features that users can try out by burrowing into the Settings page on the Gmail Labs website.

The feature, which could also be called the 'second thoughts" button, used to give you only five seconds to rewrite your personal history.

Now you can tailor it to just how skittish you're feeling each day.

TORSTAR NEWS SERVICE

#### Restaurants to absorb coffee price

for now — the price of a fix at two of Canada's biggest coffee chains won't increase as wholesale coffee prices hover around 13-year highs — but those who prefer to brew at home

Many large coffee shops raw-material price hikes after weighing the impact on their bottom line, said Ster-Hedging Inc



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CENSUS CHANGE

#### **Economists** against census cut: Survey

A new survey suggests business economists are overwhelmingly opposed to the Harper government's decision to scrap the long-form

The Canadian Association for Business Economics says 74 per cent of its members think it's bad policy to replace the obligatory long census with a voluntary survey. Seventy-one per cent

anticipate the quality of data obtained from a voluntary survey will be poorer than that collected from the compulsory cen-SUS. THE CANADIAN PRESS



Caffeine junkies can relax will be affected.

choose to eat the costs of ling Smith, a commodities market analyst at Country

THE CANADIAN PRESS



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#### AN ANSWER TO AN AGE-OLD QUESTION



University life presents unique dating circumstances. Students spend their days living, learning and loving in an incubator of co-eds, with the majority of these potential hookup partners falling into the 18-24 age range.

ost-graduation dating becomes much less predictable. A typical downtown watering hole offers a vast selection of ready-to-mingle singles that range from their late teens to the 40-plus crowd. So, while every weekend presents a new opportunity to broaden your dating horizons, it can be difficult to determine

whether that cute guy offering to buy you a drink is a babyfaced 30-something or a welldressed underage

gent.

It would be romantic to believe that true love doesn't discriminate based on age, but the reality is often very different.

So, how old is

So, how old is too old and how young is too young?

Chemistry doesn't trump compatibility, so ask

yourself if you both want the same things in the relationship. If you're in your early 20s looking to have a casual fling and he's creeping toward 40 and searching for the future mother of his children, then you definitely have a problem.

You also have to consider how people might

react to your age "Choosing to disparity. Choosing to date somedate someone one outside your age group means outside your age group means friends, parents friends, parents and even strangers are and even going to have an strangers are opinion. Women going to have who go out with an opinion." someone

significantly older are often labelled the gold-digging trophy girlfriend, while those who date younger men are inevitably subjected to the tired old cougar reference (the reference is tired and old ... not the

In the end, it's not necessarily your numerical age, but your maturity that has a greater impact on the success of the relationship. But if you're still confused on whether your May-December romance is destined to fail, there's always the "half your age plus seven" equation. This simple bit of mating math goes as follows: Divide your current age by two and then add seven, the number you are left with is the absolute youngest age you're allowed to date before it becomes indecent.

According to this not-so-scientific dating formula, a 24-yearold woman shouldn't date a man younger than 19.

Then again, dating someone over the legal drinking age should be a no-brainer for anyone who enjoys an overpriced cocktail on a Friday night.

# STEPHEN HARPER MARKS HIS TERRITORY:

# ARTIC

## Channelling some reality

### Letters

We asked: What reality TV show would you like to go

**TORONTO.** I would like for Extreme Makeover Home Edition to go on for a long, long time.

long, long time.
It's one of those shows that leaves me teary eyed every episode.

All are true and very touching.

JHOBELL KRISTYL

TORONTO. The reality show I would most like to be on is Big Brother.

TAMMY SPURVEY

**TORONTO.** The Aug. 17 article about Wi-Fi is scientifically silly. Prof. Magda

#### **Your dream homemakers**



Havas is only moving on to claims about Wi-Fi because nobody wants to spread another silly story about cellphones.

Radio waves from either Wi-Fi or cellphones are not harmful radiation. They are in a range of energy that can't break one chemical bond, no matter how many millions of waves there are. To a scientist, it's as silly as saying seven people can each jump one foot high, therefore they should be given an Olympic medal because that adds up to seven feet.

Radio waves can't be put in the same league as what the layperson normally thinks of as radiation.

PIERRE SAVOIE

Have you sent an email that has cost you a job or a lover? Email calgaryletters @metronews.ca Twitter @metrocalgary

Metro has the right to edit letters and submissions.

## Metro Minute at Nourish Retreats

METRO CALGARY • Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • T: 403-444-0136 • Fax: 403-539-4940 Advertising: 403-444-0136 • adinfocalgary@metronews.ca • calgary\_distribution@metronews.ca

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METRO CANADA: Group Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, Associate Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Asst Managing Editor Amber Shortt, Art Director Laila Hakim, Nat'l Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown Give a little to the community and practise some yoga at the same time.

Nourish Retreats, a new company offering health and wellness retreats, is raising money for the Calgary Food Bank — and giving away prizes and healthy snacks, too. Head to Stephen Avenue, near SportChek, with your donation and get active for

about 30 minutes. Take part in a bootcamp-style class at 11 a.m., yoga at noon, or stretching and meditation at 1 p.m.

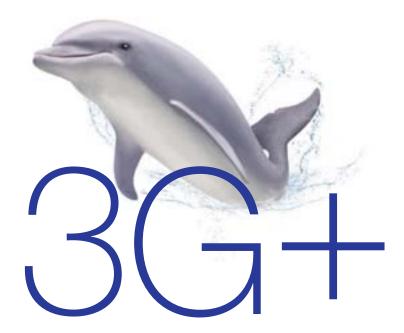
"There is always a pay-itforward, karma component in what we do," said co-founder and personal trainer Terri Champagne. "The food bank fits right in to our theme of nourishment." © METRO CALGARY



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Neil Young's new album has a title: Le Noise. In a Facebook post, the Torontoborn rocker says the record will be released Sept. 28. The album will also be available in in the form of an iPhone app.

"The app will be free. It gives you an interactive album cover. Forgive my use of the word 'album'. I am old school."



drug use at awards show an ocean-related feature to

▶ James Cameron's global smash ret will benefit those 'who wanted to see Before he takes moviegoers deep beneath the Pandoran sea, James Cameron hopes

and perfect new Avatar footage and persuade distributor 20th Century Fox

they'll go for an extended

tour of the fictional planet

which includes nine min-

utes of new footage, opens

in 3-D theatres worldwide

technology to keep people

interested and enthused about the Avatar universe,

because it's going to be a

long time before we get an-

other Avatar movie done,

the filmmaker said in a re-

has plans for the Avatar se-

rine to build, cameras for

the Mars rover to design,

an underwater 3-D camera

to upgrade and maybe even

But first, he had to select

Cameron, 56, already

He's also got a subma-

cent interview.

"I'm trying to use the

Friday.

Avatar: Special Edition,

he introduced in Avatar.

atrically in 3-D.

Cameron said there are "hundreds of thousands, if not millions" of people who wanted to see the movie in 3-D but didn't get the chance because Avatar was edged out of 3-D theatres by other scheduled 3-D releases. Since then, the number of available 3-D screens has doubled internationally, he said.

to rerelease the film the-

Fox executives said in a statement that they have been "inundated with requests to rerelease the film in theatres in 3-D" since it wrapped its original run in March.

Avatar boasts the biggest box-office take in history, collecting \$2.7 billion worldwide.

Bringing the movie back to the big screen is an experiment inspired by initial "We're rewriting the contract between humans and screens. The whole world is defined by humans watching screens — we watch screens at work, we watch screens for entertainment — and we're changing it.""

fan response to the movie, Cameron said.

JAMES CAMERO

"It was the most pirated film in history at the same time it was the most attended film in movie theatres," he said, adding that some who saw the movie on DVD or on their computer screens may want to enjoy it in all its big-screen, 3-D glory.

The new footage is sprinkled throughout the movie. One bit focuses on the death of one of the planet's native humanoids, the tailed, blue Na'vi. His death is hinted at in the original film, but in the extended version, "We actually see him die," Cameron said.

"Not like he splats to the ground, but how they gather around him afterwards," he said. "It's this big emotional scene and it's actually the best CG we did in the whole movie."

Another scene follows a hunt for one of Pandora's bizarre creatures in a "rousing action-adventure, pulse-pounding kind of scene," he said.

The extended version will appear on a special-edition DVD to be released in November. It will also include a more expanded, "alternate reality version" of the film that is 16 minutes longer than the origi-

#### Cameron's plans

Cameron plans to explore the Pacific's Mariana Trench in a two-seater sub that can go 36,000 feet below the surface. He's working on upgrading his 3-D underwater camera and is helping build a space-age 3-D camera for the new Mars rover, Curiosity. "You'll be able to see Mars going by, in 3-D," he said. He's also working on a 3-D conversion of Titanic, which he hopes to release in April 2012, the 100-year anniversary of its sailing

and sinking.
nal, Cameron said.

He has already begun technical development on an Avatar sequel that will focus on the planet's ocean environment.

"I love diving," he said, "and if I'm making this movie, I'm not going to be diving as much as I'd like, so I'm going to give myself a kind of methadone fix by doing fantasy ocean."

THE ASSOCIATED PRESS



# Avatar born again, with extra footage

● James Cameron's global smash returns to theatres Friday ● Re-release will benefit those 'who wanted to see movie in 3-D but didn't get chance'



# Unique set of roommates

▶ Being Human moves to Cardiff, Wales for third season▶ Catch up on past two seasons on Space

So a vampire, a werewolf and a ghost move in together

It sounds like the set-up for a really bad joke. Or worse, a derivatively familiar premise for the next big American network Twilight rip-off youth-market drama.

Which it in fact is. But before Being Human was optioned for adaptation as an American series, it was a uniquely compelling, character-driven tragicomedy ... about a vampire, a werewolf and a ghost.

The supernatural series gets a special showcase this week on Space, running all six of its first-season episodes, starting last night and continuing through Friday.

It starts over from the pilot again in a weekly slot, Thursdays at 10 p.m. EST, starting Sept. 16, with the second season of six following Oct. 28. A third season is currently in production.

is currently in production.

"It's different, isn't it?" allows Russell Tovey, who portrays the most conflicted of the three monstrous roomies — and the only one with an actual pulse — as the reluctant werewolf, George, in the British original. "It sounds like a kids' show, which it definitely isn't," he says, calling in during a lunch break on the Being Human set.

Neither is it merely a monster mash. "It's really more the human side of it," the actor insists, "rather

than concentrating on the supernatural.

"It's almost inconsequential to these people, who are just trying to be human."

In fact, in its initial stages, the three central characters were mere mortals. "It was just about a flatshare," Tovey reveals. "George (the werewolf) just had rage issues, and was agoraphobic and painfully shy, and Mitchell (the vampire) was a drug addict and a sex addict.

"But it wasn't working.

"But it wasn't working. So they changed them to a werewolf and a vampire, and Annie the ghost ... but they're still rooted in those metaphors. It works on different levels for different people."

For the Being Human writers and creators, it was an opportunity to indulge their nerdier inclinations—all but one come fresh off the revitalized Doctor Who franchise.

The North American version of Being Human, currently shooting in Montreal, will "super" star Sam Witwer, who played Doomsday on Smallville, as the vampire, with Sam Huntington — Jimmy Olsen in 2006's Superman Returns — taking over for Tovey as resident man-wolf. Local actor Meaghan Rath will play ghost girl Annie. It too will run on Space, which is co-producing.

TORSTAR NEWS SERVICES

#### TV's Vampires



A roundup of the latest about the other vampire series on TV.

- True Blood just keeps the plot rolling towards the season finale on Sept. 12. And the gossip keeps rolling as series star Stephen Moyer says he has apologized to Twilight star Robert Pattinson for calling his character the "Diet Coke of vampires" last year.
- The Vampire Diaries, returning on Sept. 9 to the CW, released a teaser online last week to People magazine, baiting the hook for Canadian Nina Dobrev's double role as good-girl Elena and vamp Katherine, who's stirring up trouble between brothers (one being hunk lan Somerhalder) and who just may have killed Elena's dad

TORSTAR NEWS SERVICES

## GUARANTEED LOWEST LONG DISTANCE RATES!



#### **DVD Releases this week**

#### Rent it @

#### Plan? What plan?

The Back-Up Plan Genre: Romance/Comedy Director: Alan Poul Stars: Jennifer Lopez. Alex O'Loughlin

What are the odds of there being two romantic comedies in one year about the wacky antics of spermseeking mama wannabes? They're not that long,

actually, given Hollywood's copycat tendencies. Far less certain is the likelihood of Jennifer Lopez getting another headlining rom-com gig after stumbling through this formula filmmaking, which makes current baster yukster The Switch seem like comic genius in comparison.

From the meet cute beginning to the obvious ending, it's almost painful to watch this leaden procession of pregnancy clichés, directed by TV's Alan Poul. J-Lo's lack of rapport with Aussie leading man Alex O'Loughlin is palpable.

Her Zoe can't wait to



find a "penis partner" to get pregnant; his Stan walks around without a shirt a lot and has pretensions to becoming an organic farmer.

Their on-again, offagain courtship theatrics make viewing this as much fun as a 2 a.m. diaper change. The supporting cast doesn't help much, particularly Robert Klein as a far too mouthy doctor. There's also a surprising amount of profani-

Extras include deleted scenes and a making-of featurette. • PETER HOWELL

City Island Genre: Comedy Director: Raymond De Felitta

Stars: Andy Garcia

In this strained comedy by Raymond De Felitta (Two Family House), Andy Garcia heads an Italian-American family in the Bronx enclave of City Island.

Garcia's Vince Rizzo, a prison guard, is secretly taking weekly acting lessons in Manhattan. He's convinced his wife Joyce (Julianna Margulies) will mock him if he admits

So instead he lies that



he's going gambling, which infuriates Joyce and leads her to suspect that he's really having an affair.

Vince actually does have a secret that really is a problem for him. He recognizes an inmate named Tony (Steven Strait) as his long-lost son, the one he

abandoned years ago when he skipped out on his mother.

Does he come clean and man up about his past mistakes? No, he goes a little crazy, along with the rest of his family. They're all too crazy to be believed or enjoyed. • PETER HOWELL



The Square Genre: Thriller Director: Nash Edgerton Stars: David Roberts

The Square is a well-plotted Aussie drama that you could call a thriller, if the various characters in it were capable of any serious intrigue. Ray (David Roberts) is in charge of the construction of a honeymoon resort. He may have been an honest man before, but his affair with neighbour Carla (Claire van der Boom) and his desperation for fast cash have weakened his resolve.

Carla is working her own scam. Her ex-jailbird husband Greg (Anthony Hayes) has stashed a bag of money in the rafters of their house. She gets Ray involved in a scheme to torch the place after she steals the dough, so Greg won't think she stole it.

Things go desperately awry when people start meddling, others get greedy and still others get their wires crossed

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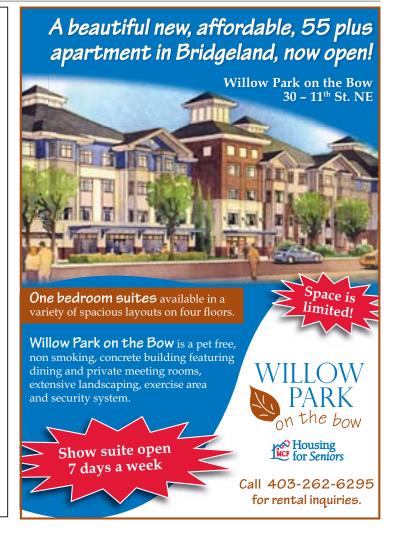
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Government of Alberta



# Friend comes to Cougar Town

▶ Former Friends co-star Aniston reunites with Cox for a guest spot on her new ABC comedy series ◆ Aniston will portray a therapist

Jennifer Aniston will pay a visit to old "friend" Courteney Cox on the season debut of ABC's Cougar Town next month.

ABC said Monday that Aniston will portray a therapist who is being seen by Cox's character.

It's a one-episode visit, scheduled for Sept. 22.

The two actresses starred for many years on NBC's Friends.

Cox is in her second season of Cougar Town, where she plays a character hungry for younger men.

Aniston is promoting her new movie, The Switch. The associated press





Lady Gaga has surpassed Britney Spears as the most followed person on Twitter — for now.

She has more than 5.7 million followers. She overtook Spears over the weekend and posted a video late Saturday on YouTube.

Gaga called her fans her "little monsters" as she thanked them for beginning "my reign as Twitter queen."

Spears, Ashton Kutcher,

Ellen
DeGeneres
and an
account run
by President
Barack Obama's political organization.

The most followed title often shifts rapidly, and fans frequently organize to boost their favourite's tally. THE ASSOCIATED PRESS

Organizing for America,

all have more than five

million followers.

#### **Celebrity tweets**



Katy Perry [@katyperry] feel like I've been punched in

the face. I am so tired.



Russell Brand [@rustyrockets] Twitter doesn't recognise the spelling of

the word "twitter". And this blackberry isn't a berry. And my rocket is rust free.



Conan
O'Brien
A Conan
OBrien] The
NASA robot

on the space station has its own Twitter account. I'm glad to see NASA is still shooting for the stars.

John Mayer [@johncmayer] If you miss



the first 148 minutes of Inception, you won't understand a thing that's going on. • METRO

#### **Baci marriage ceremony**

Jude Law and Sienna Miller reportedly took part in a Baci marriage ceremony while vacationing in Laos, according to the Daily Mail.

The pair had their wrists tied together and were blessed by a local shaman, though the ceremony isn't legally binding.

The traditional ceremony "usually takes place on the morning of the wedding and is fol-



# Winslet hand-in-hand with model

Kate Winslet stepped out hand-in-hand in London recently with male model Louis Dowler, according to the Daily Mail, confirming speculation that the "Titanic" star is dating Dowler after her marriage to Sam Mendes came to an end earlier this year.

First introduced at a party by mutual friends, the pair had been spotted exercising together earlier this month in New York.



"They've been on lots of dates and get on really well," a source told the News of the World last month. "It's early days for them but they enjoy each other's company."

METRO

#### Timberlake is Givenchy's newest face

Justin Timberlake has a new gig to add to his crowded resume, as he's signed on to be the face of an ad campaign for Givenchy's new women's fraggrape. Play for Her

fragrance, Play for Her.

"I said, 'You guys should go find a woman to help put this out,'" Timberlake tells WWD. But the campaign — featuring Timberlake and Twilight star Noot Seear getting cozy in Paris — was explained to him, he was all for it. "I thought, Oh that kind of makes sense."

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# Having a happy holiday

• It's the time of the year we all live for, those days when you can sleep in, eat when you're hungry and hang out • Or so you would think ...



Back in the day a holiday was a week at nana's that included eating sweets (calories don't count when on holiday) and splashing about in the sea. Today people have forgotten how to switch off, leading to the inevitable crash and burn of their mind and body.

#### Why holiday?

**It's a basic human need** "Diversity is a basic human need. People get bored when their everyday is the same," says psy-chotherapist Marisa Peer.

Going on holiday and getting away and experi-encing change is necessary for a healthy mind.

#### It gives your brain a break

"Technology has facilitated keeping in touch," ex-plains Peer. "Without taking a break from your life back home, you won't benefit fully from your holiday.

It's also a time for re-assessing certain things such as the superficiality of life back home compared to the current simplicity.

#### It means you get to sleep

"Look at animals and how much time they spend sleeping," observes Peer. "Us humans are the same,

we need to sleep and holidays are the rare time we can do so uninterrupted."

#### ... and how to make the most of it Plan ahead

For meditation guru Andy Puddicombe, planning holidays may sound like an exotic thing to do but the truth is it's pretty stressful.

Not leaving everything to the last minute will avoid you running across the airport trying to catch your plane. The rush of adrenalin you get from missing your flight or forgetting your passport isn't exactly healthy so being prepared will make the whole experience far more enjovable."

#### **Comfort not catwalk**

When you leave to jump on the plane or train, dress for comfort and not for the catwalk. You don't want to be

queuing up for passport control in sky-high heels or too tight trousers. Comfortable clothing

will make you feel more grounded so loosen your belt and put on some flats to feel more at ease mentally and physically.

#### Trade in Technology

Truly switching off is something most people struggle with.

They will worry about their inbox filling up with e-mails and unanswered phone calls. Instead of frantically logging in for updates or worrying sick as to what you'll have to deal with upon returning, come up with a digital strategy. Take 30 minutes every couple of days to answer mails and check up on things so as not to dread returning to the office.

#### Out of control

Recognize that most of the things that stress you out when you are traveling are out of your control. From your lost luggage to the rude passengers and de-layed flight; Puddicombe's advice is to acknowledge from the very start that these things are out of your control in order to help you relax.

#### **Expert tips**

#### A BREEZY RIDE FROM THE MINUTE YOU LEAVE

- Hydrate. The circulating air on planes can play havoc with your hydration, giving you headaches, dry mouth and dry skin. Make sure you are properly hydrat-
- Keep moving. When seated, rotate your ankles, point your heel and toe alternately and lift your knees.
- Boost your immune system. Two weeks before flying take multivitamins, minerals and a

probiotics. Take the supplements while away too.

Fight jet lag. Set your watch to the time of your destination as soon as you get on the plane and try to sleep and eat at the appropriate times

for where you are going.

Fuel up. Prepare light. nutritious snacks such as a wholegrain sandwich, a bag of nuts or fruit. Eating every few hours will keep your blood sugar levels from drop

#### MICHELE KINGSTON NUTRITIONIST



#### What do you want on that burger?

# Extra statin?

U.K. doctor suggests adding cholesterol fighting drug to fast food



Now we've heard everything! A doctor in the U.K. is suggesting fast food outlets provide statin drugs with their hamburgers.

The idea does have some logic behind it. Hamburgers, French fries and onion rings are known to increase the bad LDL cholesterol circulating in our bloodstreams. Statin drugs are known to reduce bad cholesterol.

But, hey, what about avoiding that fast food meal altogether?

Dr. Darrel Frances from the Imperial College in London argues that it's tough to get people to stop eating hamburgers, so why not reduce their heart disease risk by having statins readily available? The pills



could be an optional condiment, he says, like ketchup.

He and colleagues found in a study that being on a statin drug neutral-

izes the effect of eating badly. "We've worked out that in terms of your likelihood of having a heart attack, taking a statin can reduce your risk to more or less the same degree as a fast food meal increases it," he reports.

Never mind that statins are medications, and therefore associated with

side effects, though these are fairly rare.

The study was published recently in the American Journal of Cardiology.

#### Obesity

We all know that obesity in children can lead to increased risk of type 2 diabetes, some cancers and heart disease. But many people don't realize there's another problem lurking among overweight kids: fatty liver disease.

Fatty liver disease It used to be an ailment only found in adults. Now, it's occurring in kids as young as four. It happens when fat accumulates in the liver, and the liver swells. The Canadian Liver Foundation reports that fatty liver disease is found in about half of obese children. There aren't any specific symptoms, just a feeling of being unwell. Doctors can test for this disease. It is best to prevent it by cutting down on junk food, eating less fat and more fibre, avoiding pop, eating lots of fruit and vegetables exercising every day

Puberty is occurring earlier in children and one of the culprits is excess fat. In Canada, obesity rates in children have nearly tripled in the last 25 years.



# Budding growth cause for concern?

- Study shows puberty arriving for girls as young as 7
- Early onset elevates social and health issues



Breasts at age seven? A new study has found that puberty is occurring earlier and earlier in girls.

This may not be healthy since it puts them at higher risk for social and emotional problems, and may slightly elevate their chances of developing cancer later in life.

For the study, 1,239 girls between age six and eight were recruited in three U.S. cities: Manhattan, San Francisco and Cincinnati. Most of the girls were eight

ther of white, black or Hispanic descent. Examiners were carefully trained to check girls' breasts and rate their stage of development.

Ment.

At age seven, 23 per cent of black girls, 15 per cent of Hispanic girls and 10 per cent of white girls had breast development. By the time they reached age eight, 43 per cent of black girls, 31 per cent of Hispanic girls and 18 per cent of white girls were considered on the cusp of puberty. These numbers were higher than when measurements were made in a 1997 study.

Why is puberty occurring earlier? Higher rates of obesity is thought to be one cause. Heavier girls are more likely to grow breasts earlier. They are also more at risk for disease later in life: diabetes, heart disease and some cancers. Another theory is that environmental chemicals may be speeding up puberty by mimicking estrogen in the body.

Budding breasts can force young girls to deal with difficult grown-up issues they aren't ready for, such as sexual advances and hormone-related mood swings.



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# A dizzying diagnosis

#### • People with Labyrinthitis panic as their world is turned upside down

Alison Anderson woke up one morning a few years ago feeling very, very dizzy.

"The room was moving," Anderson, 28, said.
"It felt like I was moving—and I was standing still."

The Montreal university student managed to make her way to a medical clinic where she was put through a series of tests similar to those used to test a person's sobriety.

She was asked to walk in a straight line, putting one foot in front of the other.

But she wasn't drunk.

Anderson was diagnosed with labyrinthitis, a kind of catch-all term for several inner-ear disorders that cause dizziness.

Ear, nose and throat specialist Dr. Anthony Zeitouni said the term labyrinthitis comes from the word labyrinth, referring to the part of the inner ear that helps control balance.



He said while it's common to hear some doctors use the term labyrinthitis to diagnose patients, a more specific diagnosis is usually arrived at by oto-

laryngologists (also known as ear, nose and throat specialists).

"Vestibular neuritis is a very intense vertigo that comes from the ear, probably viral," Zeitouni, who is the director of the Department of Otolaryngology at the Royal Victoria Hospital in Montreal, said in an interview.

"I think that's the one that most people tend to call labyrinthitis."

Zeitouni said vestibular neuritis is a viral inflammation of the vestibular nerve that is characterized by intense and sudden vertigo - a sensation that is rotational, like the room spinning.

It's a feeling kids who deliberately make themselves dizzy on a merry-goround are familiar with, albeit fleetingly.

But vestibular neuritis is a condition that can take weeks to fully clear up, and often sends people to the emergency room of their local hospital with anxiety-provoking symptoms that include nausea, vomiting and involuntary back-and-forth eye movements called nystagmus.

THE CANADIAN PRESS



# Eating well in August is easy

• With a variety of crops becoming available, this is the best time of the year for fresh food lovers



Juicy peaches at breakfast, bright red tomatoes at lunch and corn on the cob at dinner.

Get 'em while you can! Eating fresh local produce is a great way to lose weight and pile on the antioxidants.

"August is one of the best months in Canada when it comes to variety of crops available," says Tris"There is an abundance of tasty, fresh, nutrient dense foods available from your local farmer" TRISTAGA GALDWELL

taca Caldwell, a registered dietitian and owner of Fueling with Food in Halifax, N.S.

"There is an abundance of tasty, fresh, nutrient dense foods available from your local farmer."

Go for deeply colourful veggies and fruits.

Peaches, tomatoes and corn are good sources of antioxidants, fiber, and potassium, says Caldwell. Peaches and tomatoes are chock full of vitamin C.

No wonder we crave them at this time of year. If you haven't been to a farmers' market in a while, now is the time to go, recommends Caldwell.

Fresh, local foods may be higher in antioxidants because they are harvested ripe and ready to eat, whereas foods that have to travel to supermarkets are often picked before maturity. Other local foods available in August are: beans, bok choy, broccoli, carrots, cauliflower, celery, cucumbers, eggplant, herbs, kale, lettuce greens, peppers and radishes.

"Ît's a great time of year to replace frozen or canned fruits or vegetables with fresh versions. Save preserved foods for the winter months when fresh options aren't available," said Caldwell.



# Harvard study condemns the eating of red meat

You've probably heard it before: Eat less red meat. Now, there's more evidence to support this advice.

A large study conducted at Harvard has found that eating chicken or turkey instead of beef, pork or lamb can cut women's heart disease risk.

Researchers say this probably works for men too.

The study charted the eating habits of 84,136 healthy women ages 30 to 55 over 26 years, and analysed whether they got sick or not. The women were part of the Nurses' Health Study. Results indicate that each time you substitute red meat with poultry, nuts, fish, or low-fat dairy, you reduce your heart disease risk. Red meat contains baddies like

#### Ticker Trouble

- ▶ By the numbers Every seven minutes, someone in Canada dies from heart disease or stroke.
- ▶ Breaking down the deaths 30 per cent of male deaths and 31 per cent of female deaths in Canada are from cardiovascular disease.



heme iron and saturated fat, whereas these better sources of protein contain goodies such as fatty acids and polyunsaturated fats, which may protect against heart disease.

O CELIA MILNE

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### **Perfect pork chops**

It's always nice when you can prepare a healthy meal with seasonal ingredients. It's even better when you can do it using only a couple pots and pans, making cleanup a breeze.

This recipe for roasted pork chops and peaches from the August issue of Real Simple magazine features a sweet and savoury topping of fresh fruit and herbs cooked in the same skillet as the meat. The pork and peaches are served over a bed of fluffy couscous to complete the meal. (Start to finish 30 minutes).

#### Preparation

- Heat oven to 200 C (400 F). Cook couscous according to package directions.
- Meanwhile, in a large ovenproof skillet over medium-high, heat oil. Season pork with 2 ml (1/2 tsp) of the salt and 1 ml (1/4 tsp) of the pepper and cook until browned, 3 to 5 minutes per side. Transfer pork to plate.
- Return skillet to heat and add peaches, onion, vinegar and remaining

salt and pepper. Cook, tossing, for 1 minute. Return pork (and any accumulated juices) to skillet. Transfer skillet to oven and roast until pork is cooked through and peaches are tender, 8 to 10 minutes.

4 Sprinkle with basil and serve with couscous. Makes four servings.
THE ASSOCIATED PRESS

#### Ingredients:

- 1 pkg (284 ml/10 oz) couscous
- 15 ml (1 tbsp) olive oil
- 4 bone-in pork chops (about 1 kg/2 lb total), trimmed of visible fat (each 2 cm/3/4 inch thick)
- 3 ml (3/4 tsp) kosher salt (divided)
- 2 ml (1/2 tsp) ground black pepper (divided)
- 2 peaches, pitted and cut into wedges
- 1 small red onion, cut into
- thin wedges
   45 ml (3 tbsp) red wine vinegar
- 125 ml (1/2 cup) fresh basil leaves, torn into pieces



#### Correction

Yesterday's recipe for blueberry cinnamon coffee cake was missing the amount of sour cream needed to complete the dish. 250 ml (1 cup) sour cream is called for in the recipe. A complete version of the recipe is available at metronews.ca/ recipes.

**Liquid Assets** 

#### Move over Argentina, let's see some fine Chilean wines



While Argentinean winemakers hog the media spotlight with the dexterity of Kim Kardashian; their neighbours in Chile have been quietly producing some of best wines made in South America.

Famous (almost to a fault) for its cheap, consistent table wines Chile has had trouble finding a foothold in the market for much of anything else. It's a liquid travesty that takes on biblical proportions when you consider the diversity of styles and intensity of flavour you can squeeze out of the country for less than \$15

Though all the A-list berries are grown there; Chile's grape king (with all due respect to carmenère) is cabernet sauvignon. Brought from France in the mid-1800s, cabernet literally dominates the Chilean landscape: Producing the grape's full spectrum of red meat ready profiles from light and simple to full-bodied and enduring.

The dark, red fruit, young tannins and black coffee and wood finish of the 2009 Errazuriz Estate Cabernet Sauvignon (\$13.00 - \$15.25) shows its European influences.

Prices reflect the range across the country. Some products may not be available in all provinces.





#### **SANDWICHES**

(Served on fresh Kaiser Buns)

- Wiener Schnitzel (Veal Escalope) \$6.95 Pork Schnitzel \$6.95
  - Chicken Schnitzel (White Breast Meat) \$6.95
- Kaiser Famous Beef Sandwich (Comes with it's own special sauce!) \$6.95
  - Fried Eggplant Sandwich \$6.95
  - Blue Danube § 6.95 (Pork, Ham and Cheese)

**SOUP** (Daily)

Gulyas \$6.49 (With Dumplings)

#### SIDE ORDERS

Pasta Salad \$3.95

#### **TOPPINGS**

- $\bullet \textbf{Sauteed Mushrooms} ~ \$0.00 \bullet \textbf{Sauteed Red Cabbage} ~ \$0.00 \\$
- Sauteed Sauerkraut \$0.00 Pickles \$0.00 Sauteed Onions \$0.00
- Hot Peppers \$0.00 Cheese \$1.00 Roasted Sweet Pepper \$1.00





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#### SHY GUY'S SKY-HIGH PROPOSAL

#### How We Met: Tom & Tiffany

Names: Tom, 25, and Tiffany, 26

Hometown: Vancouver

Together since: 2005

#### Their story:

"Tom and I (Tiffany) met on December 21, 2005. I went up to Whistler, B.C., for a night of fun ... with my friend, who was visiting. We decided to head to a local bar. Tom didn't intend to go out that night, but at the last minute he decided to go to the bar where we happened to be at.

"He is very shy and not the type to approach a girl but says he was compelled to come on the dance floor and dance with me. We



danced the night away and spent the next day together. I found out he was from Australia, and eight months later, I was living with him in Sydney.

"Although I'm now a permanent resident of Australia, we're both back living in Vancouver. It has been almost five years now, and we are the best of friends and are growing more in love every day.

"Tom (finally!) proposed to me on Valentine's Day on the zip-line over Robson Street during the Vancouver 2010 Olympics. We'll be getting married in March 2011 in Australia. We are very excited and can't wait for the big day!"

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# When love is an open book

Chin Ma is 25 and looking for love. He paddles regularly in the dating pools online, paying fees to navigate millions of profiles based on lengthy checklists and compatibility formulas.

So how'd he find his latest prospect? Through a book by Andy Warhol on Alikewise.com, a newcomer looking to connect people free of charge based on their favourite reads. It's a unique approach in a recession-hardy industry that has dozens of niche.

"Alikewise is more subject to your creativity than the larger sites," said Chin. Hobbies and passions

Hobbies and passions like reading are often included when daters describe themselves or their dreammates. Site users can search and be searched by the books and book opinions they put up next to their profile pictures.

Other users can leave comments about your books, and the site sends notifications when somebody adds the same title or



books in the same general interest area.

"There are plenty of niche dating sites, but they struck me as a bit too niche," said Matt Sherman who the co-founded the site with Matt Masina. "They seem to orient themselves over one particular interest or type of person—athletics, religion. Our attitude is that books can be about anything. They're a means to an end to get the conversation going."

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green doesn't mean you need to trade in your 2003 Ford for a shinny new \$30,000 hybrid. green choices are simple and won't squeeze your bank account.

Reducing consumption non-environmentally friendly products is a step towards going green and saving money. Homemade foods reduce packaging and are healthier than foods that are preserved in salt and other chemicals. Try paring down purchases you won't over consume. Shop for fewer fresh groceries more often, so that less produce goes rotten. Take your own fabric bags and try to take public transit, carpool, walk, run, bike, or inline skate to the store instead. Save on utility bills by washing laundry in cold water. On cold days turn the temperature down a few degrees or on hot days reduce the air conditioning your house.

Reusing and maintaining products extends their and reduces waste. Consider buying quality used mechanical goods like lawnmowers, vacuums, appliances and cars. Consider selling or handing down clothing, furniture, computers, televisions, and other electronics to family, friends, and neighbours.

Contributing to a cleaner environmental future is everyone's responsibility. Start by making small changes to your daily consumption habits — choose cleaner, greener and cheaper options.

### Let kids have a say in their allowance

• Getting your kids involved in setting a back-to-school allowance means you'll have satisfaction all round

#### ON MONEY

ALISON GRIFFITHS MONEY@METRONEWS.CA



With school beckoning one's parental tention may

thoughts of relief ... and

Kids need dough. It's not just about having money to spend, but about learning to handle one of life's most essential resources.

Many parents increase allowances on birthdays. But back to school is actually the best time of year for kids to get a raise. And I bet you won't get any argument when you broach the

According to the U.S.



site, threejars.com, 71 per cent of parents believe setting allowance should be a joint decision.

Start by putting together a budget with your child. This is how I did it with my 13-year-old. Her passion was (expensive!) graphic novels, costing about \$26 each. We figured on one a month

She also loved to buy a frosty drink and an Archie comic on weekends. budgeted one per week at \$4.50. Now we are up to \$44. I also believe in saving both for short term goals and her own education. We calculated \$10 monthly for short term saving (video games) and \$10 for her college fund.

#### **Interest rates/** Savings accounts

ANK	RATE
MO	1.250%
IBC	0.70%
SBC	0.75%
NG .	1.50%
CF	1.50%
BC	1.0%
COTIA	1.15%
D	1.1%
LLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

The total came to \$16 a To that I added another \$2 for school special events such as pizza day. When I told her \$18 was too rich for me she agreed to cut back to an Archie and frosty drink every other week

She took her \$16 weekly cheque to the bank once a week and once a month transferred \$10 into a savings account and \$10 into her RESP. The Canadian site, moonjar.ca also recommends a portion added for charity. My daughter decided she would donate half of her pay from her Saturday job in a stable.

Do this annually and vou'll never have allowance tears.



Samsung Intensity™ \$100 Sale price



\$150 Sale price



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Sept. 19, 2010

Calgary Deerfoot Mall Market Mall Marlborough Mall

Sunridge Mall

KOOOO

Good call





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Back-to-back wins give Wozniacki her first Rogers Cup title After two days of waiting out the rain, Caroline Wozniacki decided it was time to take care of business. With the semifinals and the final both held yesterday, the 20-year-old Dane dispatched Svetlana Kuznetsova 6-2, 6-3 in the semis. About two hours later, she downed another Russian, Vera Zvonareva, 6-3, 6-2 in the final to win the \$2-million US Rogers Cup. "I did what I had to do," said Wozniacki, a first-time Rogers Cup champion.

# Tiger's marriage has run its course

**○** Court grants divorce to golfer and his Swedish-born wife **○** Couple will 'share parenting' of their children, but other terms not released **○** Hearing was over in about 10 minutes

Tiger Woods and his Swedish-born wife officially divorced yesterday, nine months after his middle-of-the night car crash outside his home set off shocking revelations that the world's most famous athlete had been cheating on his wife.

"We are sad that our marriage is over and we wish each other the very best for the future," Woods and Elin Nordegren said in

#### A single golfer

- Woods is to play this week at The Barclays.
- It will be his first tournament as a single man since he finished ninth in a World Golf Championship in Ireland in October 2004.

a joint statement released by their lawyers.

The divorce was granted

in Bay County Circuit Court in Panama City, Fla., about 600 kilometres away from their Isleworth home outside Orlando. The couple had married in October 2004 in Barbados and have a three-year-old daughter, Sam, and a 19month-old son, Charlie.

Terms of the divorce were not disclosed, except that they will "share parenting" of their two children The divorce was finalized by Bay County Circuit Judge Judy Pittman Biebel during a brief hearing in a conference room in her chambers, according to Biebel's judicial assistant Kim Gibson. The hearing was very brief, only about five or 10 minutes. Both Woods and Nordegren were present, along with their lawyers, Gibson said.

"I don't comment on active cases," Thomas J. Sasser, Woods' divorce lawyer, said. When asked why they chose to file in Panama City, Sasser said only it was a joint decision by the lawyers.

Woods' agent, Mark Steinberg, declined comment when asked if they had a pre-nuptial agreement or terms of the settlement. "We're not commenting beyond what was in the release," he said. THE ASSOCIATED PRESS

# Will Damon agree to Boston reunion?

Johnny Damon is deciding whether to return to the Boston Red Sox.

The Detroit Tigers outfielder has been claimed on waivers by Boston, and it's up to him if he wants to go. Damon said before last

Damon said before last night's game against Kansas City that it's one of the toughest decisions of his career. The 36-year-old Damon has a no-trade clause that allows him to block any move.

Damon was a hero in Boston in 2004 when he helped the Red Sox win the World Series.

THE ASSOCIATED PRESS



#### Nats put Strasburg back on disabled list

Rookie ace Stephen Strasburg of the Washington Nationals is headed back to the disabled list.

The team said he will have a second MRI on his arm in the next day or two

Strasburg strained a tendon in his right forearm over the weekend, and Nationals manager Jim Riggleman said yesterday the team would "proceed with caution" with

the prized pitcher.
The 22-year-old Strasburg was sidelined in late
July because of inflammation in the back of his
right shoulder.

THE ASSOCIATED PRESS



Quoted



"If you guys want to talk

about football,
we'll talk about
football. But to
keep on talking
about things
outside of
football to me is
completely
ridiculous."
WASHINGTON REDSKINS
COACH MIKE SHANAHAN
DECLINES TO DISCUSS
HIS MEETING WITH
DISGRUNTLED NOSE TACKLE
ALBERT HAYNESWORTH

YESTERDAY.



#### Crossword

1 Small plateau 5 Jewel 8 Bivouac

12 Speedy steed

13 Fish eggs

14 Operatic solo

18

30

33

50

53

15 Traps

16 Big business

18 Brings about

20 Eyelid troubles 21 Carpet

22 Skinny fish

23 Digging tool

26 Alphabetized, mavbe

30 Tease

31 "- Miniver" 32 Churchill gesture

33 Gary's home

36 Young Scot

38 Sqt., for instance 39 Family

40 Estate owner

43 Not alfresco

47 New member 49 "American -

50 Scratches (out)

51 Affliction

52 PBS science show 53 Morse code sym-

54 Surprise cries 55 Deuce topper

1 Christmas trio

3 Beach stuff

6 Long periods 7 Club

4 Ridiculous

5 "Peer Gynt" com-

poser

2 Ms Brockovich

8 A man's home? 34 Flood 35 Flexible, electri-

9 Bohemian 10 Muck and cally 36 Amount offered

37 Consecrate with oil

41 "Diana" singer Paul

39 The bee's -

40 Told a whopper

42 Mid-month date

43 Architect - Ming

45 Bush adviser Karl

11 Picks up the check 17 Secondhand

19 Prompt 22 Type measures

23 Tackle moguls

24 ATM ID number 25 Toss in

26 Retirement plan acronym

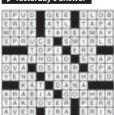
27 Roman 16

28 Always, in verse 29 Lair

31 6 on a phone

46 Do in 48 Pair

➤ Yesterday's answer



For today's crossword answers and for

expanded horoscopes, go to metronews.ca

44

#### Sudoku

	1	3	8	7				
	5				6	8	2	3
	8		9		3			7
	7	4				3		1
5				8				4
2		1				5	6	
3			1		4		8	
7	4	9	2				1	
				9	7	4	3	

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

look at the weather

WEDNESDAY

Max 27°

Min 8°

5	4	1	6	9	8	7	3	2
7	2	8	5	3	4	9	1	6
6	3	9	7	1	2	4	8	5
3	1	7	8	6	9	2	5	4
2	9	4	3	7	5	8	6	1
8	6	5	4	2	1	3	7	9
4	8	2	1	5	3	6	9	7
1	7	3	9	4	6	5	2	8
9	5	6	2	8	7	1	4	3

THURSDAY

Max 27°

Min 9°

### Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To Diesel Fishback — my love, my best friend and my hearts companion. Wishing you a very special birthday this year! Loving you gets easier every day. \*kiss\* SRA

J, Happy Anniversary! 4 years and stronger than ever! I am so proud of you and everything you have accomplished! You're amazing and I love you so much! YOUR # 1 FAN XO

J.M. You've loved me for 9 years and have given me the best 2 years of my life. Wishing I only knew for the first 9 vears but I'm lookina forward to a life time. Love you truly madly deeply. My furry bear! GAGUTZA.

Happy 43rd Marky Q! May your birthday celebration be just as incredible as you are. I love you and can't wait to soon walk hand in hand with you, through our own private Cedar trail. AMORE E BACI

#### Today's horoscope

#### T Aries March 21-April 20 An assertive approach is a must today, even if you don't feel assertive at all. If others sense that you are having doubts they will try to exploit them.

#### ¥ Taurus April 21-May 21

Someone will catch your eye today and you will do whatever it takes to get close to them. However, having got close you may then discover that the romantic spark is lacking, but maybe you can be friends.

#### II Gemini May 22-June 21

Everyone has problems but you seem to be under the impression that you have more than most other people. That simply isn't true. Today will highlight difficult issues, but by tomorrow they will have faded again.

Pei

44 Smell

Travel and social plans will be disrupted today and there's not much you can do about it. The one thing you do have control over is how you choose to react to setbacks and delays.

Ω Leo July 23-Aug.23 Think carefully before committing cial nature over the next 24 hours. You may want to boost your earning power but you could lose as much as you gain. What's the hurry?.

will seem more difficult than it really is, so stay calm and don't let your fears get the better of you. This is only a passing

#### Gancer June 22-July 22

yourself to anything of a finan-

M Virgo Aug. 24- Sept. 22 Life

is a strong possibility that you will have to rethink your plans today. On the work front especially what you want to do and what others want to do just won't ao toaether.

> M Scorpio Oct. 24-Nov. 22 YOU always speak the truth as you see it and what you have to say today may not be what others want to hear, so be ready for a backlash.

#### → Sagittarius

Nov. 23-Dec. 21 You have been worrying about something you thought was important but the full moon will bring to light information that makes you realize it was of no importance at all. Don't stop smiling humour cures so many ills.

#### り Capricorn Dec. 22-Jan. 20

TODAY

Max 23°

Min 6

There will be plenty in the way of gossip today, but not much in the way of factual information, so don't jump to conclusions and don't judge people on what others say about them.

Aquarius Jan. 21-Feb. 18 Money matters and business issues figure prominently in your chart at the moment and today especially there is a danger you might take them a bit too seriously.

H Pisces Feb. 19-March 20 The full moon in your sign will bring out the emotional side of your nature — it's lurking there iust below the surface. Cry, shout, scream – do whatever it takes to shift that emotional blockage. SALLY BROMPTON

#### Andrew Schultz, Meteorologist "I get to spread the word

on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM





You write it! Write a funny cap

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro





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Bay Gardens Inn • 2 1/2 ★

Standard rm. Sept. 4-26 • 1 wk. \$739

+Taxes & other fees (including service charges): \$248

#### DOMINICAN REPUBLIC

Samana via Toronto

Bahia Samana Roulette • 4 ★

All-Inclusive • Run of the house \$999
Oct. 3-24 • 1 wk.

+Taxes & other fees (including service charges): \$326

#### Punta Cana via Toronto Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite Oct. 2, 16 & 23 • 1 wk.

+Taxes & other fees (including service charges): \$326

#### **ANTIGUA** via Toronto

Jolly Beach Resort & Spa • 3 1/2 ★

All-Inclusive Standard oceanview rm. Sept. 4, 11, 18 & 25 • 1 wk.

\$1369 +Taxes & other fees (including service charges): \$259

#### **MEXICO**

#### Puerto Vallarta/ Riviera Nayarit

Meliá Puerto Vallarta • 4★

All-Inclusive • Deluxe garden view rm.

Sept. 4-25 • 1 wk.

+Taxes & other

+Taxes & other fees (including service charges): \$282

#### Golden Crown Paradise • 4★

All-Inclusive Standard oceanview rm. Nov. 6-27 • 1 wk.

\$1059 +Taxes & other feet noluding service charges): \$282

#### Cancun/Riviera Maya Gran Bahia Principe Tulum • 5★

All-Inclusive • Standard rm. Dec. 12 • 1 wk.

\$979 +Taxes & other fees (including service charges): \$290

#### Occidental Grand Xcaret • 4 1/2 ★

All-Inclusive Junior suite Dec. 12 • 1 wk.

\$1189 +Taxes & other fees (including service charges): \$290

#### **CUBA**

#### Varadero Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm. Oct. 3-24 • 1 wk.

+Taxes & other fees (including service charges): \$228

#### Allegro Varadero • 3 ★

All-Inclusive Superior rm. Nov. 7 - Dec. 12 • 1 wk.

\*999 +Taxes & other fees (including service charges): \$228

#### **JAMAICA**

#### Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive • Standard rm. Dec. 20 • 1 wk.

FREE upgrade to oceanfront rm.

PRIVILEGES
\$1569
+Taxes & other fees
(including service charges): \$280

#### Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive • Junior suite Dec. 20 • 1 wk.



#### **USA**

#### HAWAII | Honolulu

Aqua Aloha Surf & Spa • 3 \*

Continental breakfast • Savvy saver moderate partial city view rm. Nov. 14, 21 & 28 • 1 wk. \$899

+Taxes & other fees (including service charges): \$148

#### **CRUISE**

#### Princess Cruise Line

Caribbean Princess

Southern Caribbean Cruise Flights to San Juan via Toronto Interior stateroom, cat. JJ Oct. 31 & Nov. 14 • 1 wk. \$1169

+Taxes & other fees (including service charges): \$294

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